



STOP DISTRACTED DRIVING

KEEP YOUR FOCUS ON THE ROAD



3

TYPES OF DISTRACTIONS



MANUAL

Removing one or both hands from the steering wheel to perform a non-driving task such as eating, grooming, dialing a cell phone or texting.



VISUAL

Shifting your attention away from the road to something unrelated to driving such as reading, rubbernecking, etc.



COGNITIVE

Shifting your mental focus away from driving such as driving while drowsy, angry, talking on a cell phone, etc.

Technology today gives us quick, on-the-go access to information. While it can be useful, it also creates additional distractions that take your focus off the road. Especially when driving a semi truck, any distraction could be a fatal mistake for you or for someone else.

DID YOU KNOW?



23X

more likely to get in a crash while texting than when not distracted



Large trucks were involved in fatal crashes
3,600 people were killed in 2010.

SAFE DRIVING TIPS



Complete all paperwork before driving



Make calls before you leave
Let calls go to voicemail



Scan the road frequently and check your mirrors every 5 to 8 seconds



Never text while driving



Eat a healthy meal before you hit the road



Get plenty of sleep before you start. Remember, 40 Winks and 18 Wheels Don't Mix

UNDERSTANDING CELL PHONE DISTRACTION



37%

Less brain activity is devoted to driving when using a cell phone



4X

more likely to get into crashes serious enough to injure themselves

Using a cell phone while driving involves at least two, and sometimes **all three types of distractions**



For further information visit the following sites or email drivetostayalive@utah.gov



ut. **Zero Fatalities**.com